May UTA

Resilience Reflections with Chaplain Bohlman

During the virtual UTA weekend, please take a few minutes to reflect on where you've been in the four domains of comprehensive Airman fitness: Mental, Social, Physical, Spiritual. If you're honest with yourself, you've probable felt like you've been living in a valley while quarantined to your home with limited mobility.

However, as communities and businesses discuss plans to reopen, now is a great time to gain a fresh perspective of where you've been in order to know where you are going next. For me, the best way to gain perspective is to get above my current circumstances and then look down to see what I've come through during the storms of life.

Over the last few years, I made video clips to demonstrate the value of taking time to reflect on life. Many of these I've shared with the students I've taught over the years. This weekend, please watch these clips and take time to reflect on the following questions individually or as a small group. Stay 4 pillars strong!

May UTA – Chaplain Welcome
https://youtu.be/UMM9FnNBatY

Walking in the Footsteps of Others
https://youtu.be/0rl2J6-BOmw

Reaching the Summit
https://youtu.be/ad1zn9zyavE

Mount Etna, Sicily - Looking Forward Not Downward
https://youtu.be/4X4Y6bfoXB0

Mount Etna, Sicily - Reaching A Summit
https://youtu.be/2z2t2HUOcxA

Snowshoe Footprints
https://youtu.be/tYwZJwHzDbs

Never Give Up!
https://youtu.be/NgoXXt4FW18

Do Not Let The Sun Set Forever
https://youtu.be/H7cBFBPkPpQ

Individual and Small Group Reflections Questions:
How do you take time to reflect and gain perspective during challenging times in life?
What are some examples of "summits" that you've reached in your life? How do you enjoy the journey?
What is one goal that you want to accomplish before the end of this year?
What does it mean to "walk in the footsteps of others" as a Wingman?
How have you persevered during the COVID-19 pandemic instead of giving in to viral fear and panic?
What are some of the lessons learned and/or resilience principles you gained from watching these videos?